

FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

CIRCUIT TRAINING ~ Turning up the Heat

What is Circuit Training?

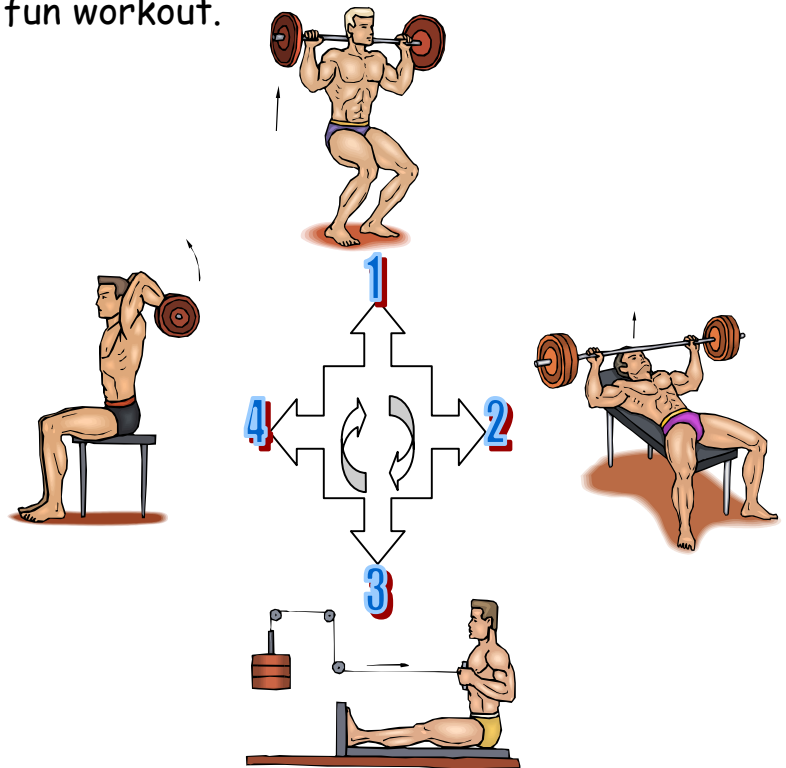
Circuit training is a form of strength training in which the participant performs a series of strength training exercises with little rest between exercises.



Benefits of a Circuit Program

- Very efficient
- Improves muscular strength
- Improves muscular endurance
- Improves cardiovascular endurance
- Improves cardiovascular risk factor profile
- Adds variety to workout
- Easy to adapt to specific goals
- Can be done in groups
- Fun

Fighting fire requires high levels of muscular endurance and cardiorespiratory endurance. It uses almost every muscle in the body, often with little rest between activities. One way to train for this type of activity is circuit training. Circuit training is a very efficient and specific way to train for fire fighters. It is also an excellent way to improve your fitness by providing a quick, total body, fun workout.



Circuit training is performed by moving from one station to the next with no more than 60 seconds of rest between stations. Most circuits have 12 or less stations and use opposite muscle groups at each consecutive station. Circuit training can be designed specifically to any sport or goal.